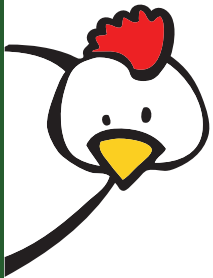


**MEATLESS  
MONDAY**

*"One day a week, cut out meat"*

  
rainbow foods



## Parmesan Artichoke Dip

### Ingredients:

1 cup mayonnaise  
1/2 cup Parmesan cheese  
1 can artichoke hearts  
bread or crackers for serving

### Instructions:

Preheat oven to 350 F. Drain and quarter the artichoke hearts. Mix together the mayonnaise and the Parmesan cheese. Mix in the artichoke hearts. Spread in an oven safe dish and bake for 20 minutes. If it hasn't browned on top, broil for 3 minutes. Serve with bread and crackers.

### Make it vegan!

Use Spectrum Vegan, Eggless Canola Mayonnaise and Galaxy Nutritional Foods Vegan Parmesan Flavour Grated Soy Topping (dairy, lactose, casein and gluten free!).

### Make it Gluten Free!

Use Canoline Eggless Mayonnaise and Galaxy Nutritional Foods Vegan Parmesan Flavour Grated Soy Topping.

## Whose recipe is this?:

**Name:** Andy Gabe

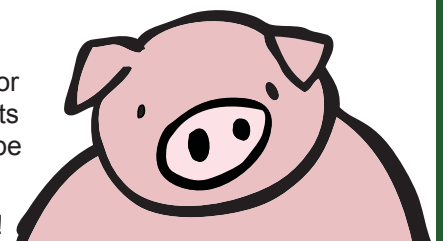
**Department:** Support

**How long have you been at Rainbow Foods?:** 2.5 years

**Why did you choose this recipe?:** This is a super easy potluck appetizer and always popular. Perfect for the busy holiday season.



Can be made Gluten Free, Nut Free or Vegan depending on which ingredients you choose. Carefully read labels to be sure!



MM-D26

Read your food labels every time if you have allergies or diet restrictions!

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